



LEMON PASTA
INFUSED WITH HERBS
RIGHT OUT OF THE
GARDEN {page 17}

PINNED DOWN
CLOONEY'S NEW
FLAME IS AN
EX-WRESTLER

{page 13}



CALGARY

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Monday, August 8,
2011
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Victim leaves seven kids behind

► Friends identify Calgary man presumed drowned in Chestermere Lake as Richis Bonda Katumbay ► Body not recovered by press time ► More coverage {page 3}

Seven children are without a father after a mishap on Chestermere Lake over the weekend.

Richis Bonda Katumbay, 33, was being pulled by boat on a tube around 7 p.m. Saturday. Pacifique Mangapi said he was on the boat when his longtime friend and employee slipped off the tube and struggled to keep his head above water. The boat circled back, but it was too late.

"It took 10 seconds to lose our best friend, best worker," Mangapi said.

Rough conditions and darkness delayed recovery efforts on Saturday.

Katumbay's girlfriend, Idam, who did not give her last name, could barely contain her emotions as she sat near the lake wearing a hoodie from Calgary Tree Experts, the company Katumbay worked for.

"He loved kids," she said. "He was so great with them."

► JEREMY NOLAIS



► Pacifique Mangapi is overcome with emotion as he stands near Chestermere Lake yesterday while efforts continued to locate the body of friend Richis Bonda Katumbay.

► Richis Bonda Katumbay

Wild ride

Driver does damage

► Father and son hospitalized after crash
► Police receive 15 complaints in 45 minutes {page 3}

Reading a blue streak

A kid's book adults will love {page 16}



Row your dragonboat

Local, provincial politicians race to show support for Slave Lake {page 4}

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Driver leaves path of destruction

Vehicles and pedestrians were forced to scatter yesterday afternoon as a motorist seemingly went on a wayward rampage through Calgary.

A father and his three-year-old son were taken to hospital after suffering minor injuries from a collision and police received

15 complaints over 45 minutes, all likely related to the same vehicle, said Insp. Keith Cain.

A helicopter assisted in tracking down the vehicle in the city's southeast. Cain said high traffic volume on Canyon Meadows Drive finally forced the driver to slow, allowing

police to move in.

"We had a number of units in the area and they were finally able to box her in," he said.

The driver faces numerous charges in relation to the incident.

Alcohol is believed to be a factor.

● JEREMY NOLAIS



► Police box in a car they believe was involved in numerous hit-and-runs yesterday.

1

news

Water safety critical: RCMP

► First tragedy on Chestermere Lake in at least a decade

► Community stunned to hear news



JEREMY NOLAIS
@METRONEWS.CA

As efforts continued to recover the body of a Calgary man from Chestermere Lake yesterday, RCMP reminded water enthusiasts to always take proper precautions.

Richis Bonda Katumbay, 33, was not wearing a life-jacket when he slipped off a tube and into the lake.

"You can never underestimate the use of safety equipment, including life-jackets and personal flotation devices," said Staff Sgt. Glenn Henry of the Chestermere RCMP.

Henry pointed out that, regardless of swimming ability, it can often take rescue crews a prolonged period of time to organize an aquatic rescue.

Numerous Chestermere residents gathered in shock to watch the re-

"You can never underestimate the use of safety equipment, including life-jackets and personal flotation devices."

STAFF SGT. GLENN HENRY,
CHESTERMERE RCMP

covery efforts conducted by an Edmonton dive team yesterday afternoon.

"It's just terrible," said Sheila Gillett, who has lived in the area for 12 years.

The drowning was the third in southern Alberta in a week.

A 33-year-old Redcliff father died on July 30 after he jumped into Cavan Lake without a life-jacket in a bid to aid his three-year-old son. That same day, a 15-year-old drowned in Lethbridge's Oldman River.



► Friends of Richis Bonda Katumbay watch from a bridge as crews search Chestermere Lake.



Self-proclaimed 'Spam King' of Facebook faces serious jail time.
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Video at metronews.ca



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Politicians race for Slave Lake

► Four teams competed in the charity dragon boat race on the Glenmore Reservoir ► Local politicians included Ald. Andre Chabot and Ald. Diane Colley-Urquhart



A boat full of politicians sounds like the setup to a bad joke.

But there was no kidding around as local and provincial leaders paddled their way to victory yesterday during a charity dragon boat race for Slave Lake.

For the first time, the Calgary Dragon Boat Festival chose to put on a VIP race to show support for the fire-ravaged town in Central Alberta.

"Because of what hap-



► Politicians race at Glenmore Reservoir.

pened in Slave Lake and how challenging that was, we decided to do a special

race," said volunteer director and former mayoral candidate Joe Connelly.

Doug Griffiths, a candidate for the Alberta Progressive Conservative party leadership, said it was his first time on a dragon boat.

"It was a blast, it was so much fun," he said. "It probably made it that much sweeter that it was a boat full of conservatives and I was at the helm."



For more news, visit metronews.ca/calgary

Festive. Pooch



► Xena, a one-year-old Rottweiler-pit bull, was one of many pooches to take part in the Marda Gras competition for most festive pet.

KATIE TURNER/METRO

Marda Gras party animal

Calgarians and their pets hit the streets of Marda Loop yesterday to celebrate the 27th annual Marda Gras Street Festival. It's estimated the festival attracts 35,000 people every year.

Somali youth finish trek to Edmonton

Seven Somali cousins from Calgary made it to Edmonton yesterday after covering more than 300 kilometres on foot.

When her cousins asked her to participate in Step UP for Somalia, a fundraising effort for the current famine, Filsan Abdi said it was a "no-brainer."

"It was just the right thing to do," she said.

Abdi said being greeted in Edmonton by a crowd of young Somalis made the trip worthwhile.

● KATIE TURNER

\$15K At last check, the cousins had brought in more than \$15,000, with donations still coming in. Every dollar raised is being matched by the federal government, according to Filsan Abdi.

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Riots rage a second day in London

► Looting, arson, violence in wake of fatal police shooting Saturday
► North London area smoulders

Police deployed extra officers on London's streets yesterday to prevent a repeat of Saturday's violence in north London's Tottenham area, which appeared to be quiet last night.

But disturbances broke out in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and there were also images of smashed shop windows, and police with dogs detaining at least one man.

Social networking websites swirled with rumours of other riots beginning or being planned.

The violence has cast a pall over a city preparing to

Saturday's rampage

- The protest against the death of Mark Duggan, a father of four who was gunned down in disputed circumstances Thursday, was initially peaceful.
- It got ugly as 300 to 500 people gathered around Tottenham's police station.
- Some protesters filled bottles with gasoline to throw at police lines, others confronted officers with makeshift weapons.
- Police in riot gear and on horseback clashed with hundreds of rioters

host the 2012 Olympic Games. **THE ASSOCIATED PRESS**

► A firefighter stands near the smouldering remains of a burnt-out building after riots on Tottenham High Road yesterday in London.



Bloodiest week in Syrian protests

Syrian troops fired on mourners at a funeral and raided an eastern city yesterday, killing at least 59 people in an intensifying government crackdown

on protesters. Outrage was intensifying as well: Syria's Arab neighbours forcefully joined international condemnation against President Bashar Assad's regime for the first time.

Even the king of Saudi Arabia — whose country does not tolerate dissent and lent its military troops to repress anti-government protests in neighbouring Bahrain —

harshly criticized the Syrian government and said he was recalling his ambassador in Damascus for consultations.

More than 300 people have died in the past week, the bloodiest in the five-month uprising against Assad's authoritarian rule, since the regime stepped-up the crackdown on the eve of Ramadan.

THE ASSOCIATED PRESS

News in brief

Underfed baby will live: Doctors

Only 10 days ago, Minhaj Gedi Farah was too weak to cry and his skin crumpled like thin leather under his mother's hands. Now doctors say the severely

malnourished seven-month-old Somali appears out of danger of joining the more than 29,000 children who already have died in the famine. He now weighs more than 8 pounds — still well below what he should for his age, but a major improvement from 7 pounds when he first arrived at a field hospital ward in Kenya.

THE ASSOCIATED PRESS

Bomb hoax at Colosseum

A suspicious device that forced the evacuation of the Colosseum yesterday turned out to be a false alarm, Rome's mayor said. The site was evacuated about an hour before its scheduled close after tourists saw a suspicious device.

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Birth control law dismays Catholics

► Religious hospitals object to rules forcing them to cover contraception ► Conscience exemption criticized

They defied the bishops to support U.S. President Barack Obama's health-care overhaul. Now Catholic hospitals are dismayed the law may force them to cover birth control free of charge to their employees.

A provision in the law expanded preventive health-care benefits for women, and the administration said last week that must include birth control with no copays. The Catholic Health Association says a proposed conscience exemption is so narrowly written it would apply only to houses of worship. Some other religious-based organizations agree.

"I call this the parish

housekeeper exemption — that's about all it covers," said Sister Carol Keehan, president of the 600-member umbrella group for Catholic hospitals. "What we are trying to do is make workable the conscience protection the administration says it is willing to give."

Most Catholic hospitals do not cover birth control for their employees, Keehan said, but in some cases they are required to cover it by state law. Doctors caring for patients at the hospitals are not restricted from prescribing birth control.

Polls show that Americans overwhelmingly support greater access to birth control. **THE ASSOCIATED PRESS**

Women's rights

► Women's rights groups are opposed to any conscience exemption, pointing out that it's not specifically authorized by the health care law.

► "All women do use contraception at some point in their lives, and we think it should be available to them as a preventive health service," said Judy Waxman, vice-president for health and reproductive rights at the National Women's Law Center. That includes women who work for Catholic hospitals and for the church itself, Waxman added.

Muslims face longer fast in Dubai tower

Muslims living in the world's tallest tower will have to wait even longer to break their fast during the holy month of Ramadan.

Mohammed al-Qubaisi, Dubai's top Muslim cleric, said yesterday that Burj Khalifa residents living above the 80th floor should wait two more minutes to break their dawn-to-dusk fast while those above the 150th floor must wait three extra minutes because they will be able to see the sun longer than those on the ground.

Al-Qubaisi said the decree is similar to those relating to Muslims on airplanes, and harkens back to when people living in the mountains broke their fast after those at lower elevations.

THE ASSOCIATED PRESS

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Flying. Machines



► A competitor falls into the Moskva River during the Red Bull Flugtag Moscow 2011 competition yesterday.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Taking a quack at flight

The Red Bull Flugtag Moscow 2011 competition, which happened in the Russian capital yesterday, challenged teams of everyday people to build homemade, human-powered flying machines and pilot them off a nine-metre-high deck in hopes of achieving flight. "Flugtag" means "flying day".

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U.S. CREDIT RATING

Tea party rapped for downgrade

A senior political adviser to President Barack Obama blamed the downgrade of the U.S. credit rating on tea party Republicans, whom he said were unwilling to compromise on how to reduce the federal debt.

David Axelrod said yesterday that the decision by credit-rating agency Standard & Poor's to downgrade the U.S. from AAA to AA+ was strongly influenced by weeks of standoff between Democrats and Republicans. He called the action "a tea

party downgrade" brought on by lawmakers who were willing to see the country default to get their way. He also criticized Republican presidential candidates for not speaking up in favour of compromise.

Meanwhile, former Federal Reserve chairman Alan Greenspan said he expects the stock-market slide to continue in the wake of the downgrade, but added he doesn't see any risk in investing in the U.S. and S&P's action won't change that.

He also said that while the downgrade "hit a nerve," he can't foresee a scenario in which the U.S. will default on its debts.

THE ASSOCIATED PRESS

Bond plan to aid Italy, Spain

The European Central Bank says it will "actively implement" a bond-purchase program that could boost Spanish and Italian bonds and drive down interest yields that threaten the heavily indebted countries' budgets.

That could help Rome and Madrid fend off market trouble until a eurozone bailout fund is approved to help them. Italy and Spain are trying to avoid financial collapses like those that have forced Greece, Ireland and Portugal to seek international bailout loans.

Responding to market pressure, Italian Prime Minister Silvio Berlusconi promised on Friday to balance the country's budget by 2013, a year early, and to bring forward a constitutional amendment requiring the government to balance its budget.

German Chancellor Angela Merkel and French President Nicolas Sarkozy praised reform efforts by Italy and Spain, but also urged "complete and speedy implementation."

THE ASSOCIATED PRESS

120

Italy has debt equivalent to 120 per cent of economic output, the second highest in the eurozone behind Greece.

► The biz from Brazil: Stephen Harper departs yesterday for a six-day tour of Central and South America to drum up business for Canada.



PM on tour for trade

- Stops in Brazil, Colombia, Costa Rica and Honduras
- Canada-Colombia free-trade deal in effect Aug. 15

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop, Brazil, the world's seventh-largest economy. Harper's main goal is to boost trade between that country and Canada, but he will also talk about security in the region.

Harper is trying to cement trade ties with Latin America and the Caribbean. An April 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, suggests the prime minister believes Canada could hold more sway with the United States if his country had strong relations with other countries

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in the region.

"Harper had long been

favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood," the cable says, referring to a conversation with a senior Foreign Affairs official.

"PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean."

The Canadian government has been in free-trade talks for a decade with the so-called Central American Four, consisting of Honduras, El Salvador, Guatemala and Nicaragua.

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Just when you thought this summer couldn't get any hotter, our mayor ups the ante and gets behind these newfangled food trucks on city streets.

There's only one thing that could make a tasty street-side burger or barbecue even better: a nice cold one. Too bad we're still stuck in the post-prohibition era.

No matter how progressive you may think we are, the provincial laws that govern the sale of alcohol are still stuck in the days when the sale of liquor was tightly restricted to appease prohibitionists.

Just take a look at the way booze is controlled compared to other places around the world. In most places in Europe, there's nothing wrong with having a

"In most places in Europe, there's nothing wrong with having a picnic in the park with a bottle of wine. In Italy, bars aren't forced to close at a mandated time and in Denmark, there's nothing strange about walking out of a pub and jumping in a cab with a cold bottle of Tuborg in your hand."

picnic in the park with a bottle of wine. In Italy, bars aren't forced to close at a mandated time and in Denmark, there's nothing strange about walking out of a pub and jumping in a cab with a cold bottle of Tuborg in your hand.

Why is it that our thinking is still rooted in the 1920s? Who would it hurt to be able to sidle up to one of the new fancy food trucks, order a burger, some fries and a beer and enjoy one's self in the sunshine? The answer is simple: no one.

Now, I'm certain that if one day bars weren't forced to close at 2 a.m., if we were able to purchase a case of Traditional at Sobeys and if there were no crime in walking down 17th Avenue on a Saturday night with a can of Original 16, it would not lead to anarchy. Would the

police be overwhelmed with drunks parading up and down the streets? Could they still not arrest the belligerent and over-intoxicated?

Last weekend my sweetheart and I spent an afternoon on 17th Avenue. Instead of waiting in line at an eatery, we got a pizza and a couple of tall cans in the park. We weren't a nuisance and we certainly weren't intoxicated. We were two adults enjoying an alcoholic beverage on a nice day. And it was also illegal. But where is the harm?

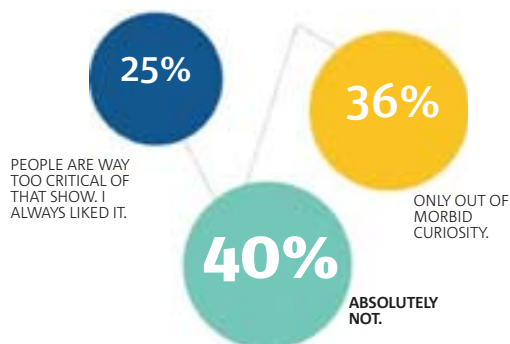
Let's change our thinking when it comes to booze and maybe one day we can look forward to a delicious meal from a food truck washed down with a beverage of choice, alcoholic or otherwise. One can only hope.

James Callsen is the news voice on one of Calgary's top rock stations, X92.9. Follow him on Twitter @newsboycallsen



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Will you be watching the Ashton Kutcher-led Two & A Half Men?



Worth Mentioning

STEM CELLS. A team of scientists has reported producing viable sperm using the stem cells of mice in an experiment that researchers hope could one day lead to treating infertile men.

The Kyoto University researchers managed to induce mice stem cells into creating sperm precursors, which were transplanted into infertile male mice. The mice then produced sperm that was successfully used to fertilize eggs in a lab dish.

The offspring were healthy and fertile, according to a paper published online in the scientific journal *Cell*.

Members of the research team, led by Mitinori Saitou, said they believe their success may help in the development of infertility treatments in humans.

Experts outside the group say it's an important first step toward infertility treatment although there would be a long way yet to go.

"This is a very good experiment for thinking about treatment of infertile man but a very very long way," said Toshio Suda, developmental biology professor at Keio University.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is in-

gested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

TORSTAR NEWS SERVICE



► Bryce Dallas Howard, seated centre, stars in *The Help*.

Howard needs no help

- Despite her famous roots, Bryce Dallas Howard remains down to earth
- Actress plays wealthy Mississippi socialite Hilly Holbrook in *The Help*



At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the star of

The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like *Spider-Man 3*, *The Twilight*

Saga: Eclipse and *Terminator Salvation*.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's be-

cause a lot of celebrities do, and that's just absurd."

This is coming from someone whose godfather is Henry Winkler.

When I ask if fame is important to her personally she is quick to answer.

"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

Howard on Holbrook

"She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."



Box office

Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, *Rise of the Planet of the Apes* took in \$54 million to open as the No. 1 movie.

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Ten years gone

► After a decade together, Juno-winning rockers Alexisonfire break up, say split is 'not really' amicable

Juno Award-winning post-hardcore rockers Alexisonfire are splitting up after two members decided to leave the group in a break-up that frontman George Pettit says is "not really" amicable.

The St. Catharines, Ont., band announced their decision in a lengthy note posted to their website, written by Pettit.

"After 10 years, Alexisonfire has decided to part ways," he wrote. "Was the break-up amicable? Not really. Was it necessary? Probably.

"Regardless, the members of this band are my family and I wish them nothing but good fortune."

The band issued its self-titled debut album in 2002, and followed up with

Farewell tour?

Alexisonfire frontman George Pettit said that the band has talked about releasing projects relating to their 10th anniversary, and that a farewell tour through Canada had also been discussed.

2004's platinum-selling breakthrough *Watch Out*, a moody fusion of emo, metal and hardcore that won the group a passionate mass audience who identified with their searching, angst-ridden lyrics.

The group's third album — 2006's *Crisis* — opened in the top spot on the Canadian charts en route to platinum sales, while '09's *Old Crows/Young Cardinals* —

which could now stand as their final full-length — opened at No. 2 and also sold briskly.

But as the band was gathering commercial and critical steam, singer/guitarist Dallas Green was winning just as much acclaim with his solo project, *City and Colour*.

Beginning with 2005's platinum-selling *Sometimes*, Green's project — which earned the tattooed crooner two Junos separate from his work in Alexisonfire — also picked up momentum with each passing album. His third album, *Little Hell*, debuted at No. 1 on the Canadian charts when it was released in June and has reached as high as the 28th spot on the U.S. Billboard chart.



► Alexisonfire is splitting up after two members decided to leave the group.

And Pettit said that Green privately revealed his intention to leave Alexisonfire almost a year ago, due to the burgeoning success of *City and Colour*.

"Trying to balance his life between touring with us and at the same time quelling the success of *City and Colour* was a task too difficult to continue managing," Pettit wrote.

"He informed us he wanted to focus his efforts on *City and Colour*."

At that point, Pettit said, the band planned to soldier ahead by finding a replacement for Green. But then guitarist Wade MacNeil accepted an offer more recently to also depart Alexisonfire for another band, and at that point, the group decided to dissolve

completely.

"Replacing one guitar player/singer/writer was something we thought was possible, but replacing two would run the serious risk of perverting the legacy of what we had achieved," Pettit said. "So we all took a good hard swallow and decided to end it so it would never get old and ugly."

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Hot ex-wrestler pins down George Clooney

► From brunette to blonde: One of Hollywood's most eligible bachelors rebounds nicely ► Pair plans to keep relationship private, says source

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of

humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds.

● METRO



► Stacy Keibler

► George Clooney

ALL PHOTOS GETTY IMAGES

'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, the Real Girl Next Door, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going

through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." ● METRO



► Denise Richards

Amy's legacy goes beyond her music

Amy Winehouse's family is reportedly planning to turn her \$4 million north London home into a rehab centre and the offices of the Amy Winehouse Foundation, according to the Sun.

"They don't want to rent it out and if they sold it they think it could attract the wrong kind of buyer as it was where Amy passed away," a source says.

"Everyone is united in making it a success — the label, her family, friends and management. (Her father) Mitch (Winehouse) has big plans and needs a nice environment where employees will be able to



► Amy Winehouse

carry out their work properly."

● METRO

Divorce drama

J.Lo fights to keep twins

CUSTODY BATTLE. The "amicable" part of Jennifer Lopez and Marc Anthony's split is apparently done, as the inevitable custody battle has reportedly gotten underway with Lopez looking for sole custody of their infant twins, according to Us Weekly.

"They are always with their mom. Jennifer lights up around her kids. She's incredible, balancing work and being a good mom," a source says. ● METRO

The comeback trail ain't easy

MOVING ON AFTER HOUSE ARREST. Lindsay Lohan's plans for a big comeback with a role in the upcoming John Gotti biography aren't coming together as cleanly as previously thought, according to TMZ.

"The producers of the film and Lindsay's representation have not



Lindsay Lohan

Celebrity tweets



"Just realized I may have more framed pictures of pets than socially acceptable..."

@chriscolfer



@SethMacFarlane

"Somehow a double-A credit rating seems more American anyway."

@EvaLongoria

"Today was the first time I parked in my reserved parking spot on Universal lot in 8 years!"



@katyperry

"u know it's gonna b a good show when someone brings u rainbow colored rice krispie treats."

yet worked out an agreement for her to appear in the movie," a source close to the producers says. Of course, deals haven't been inked for any of the stars involved, including Al Pacino and Kelly Preston. ● METRO

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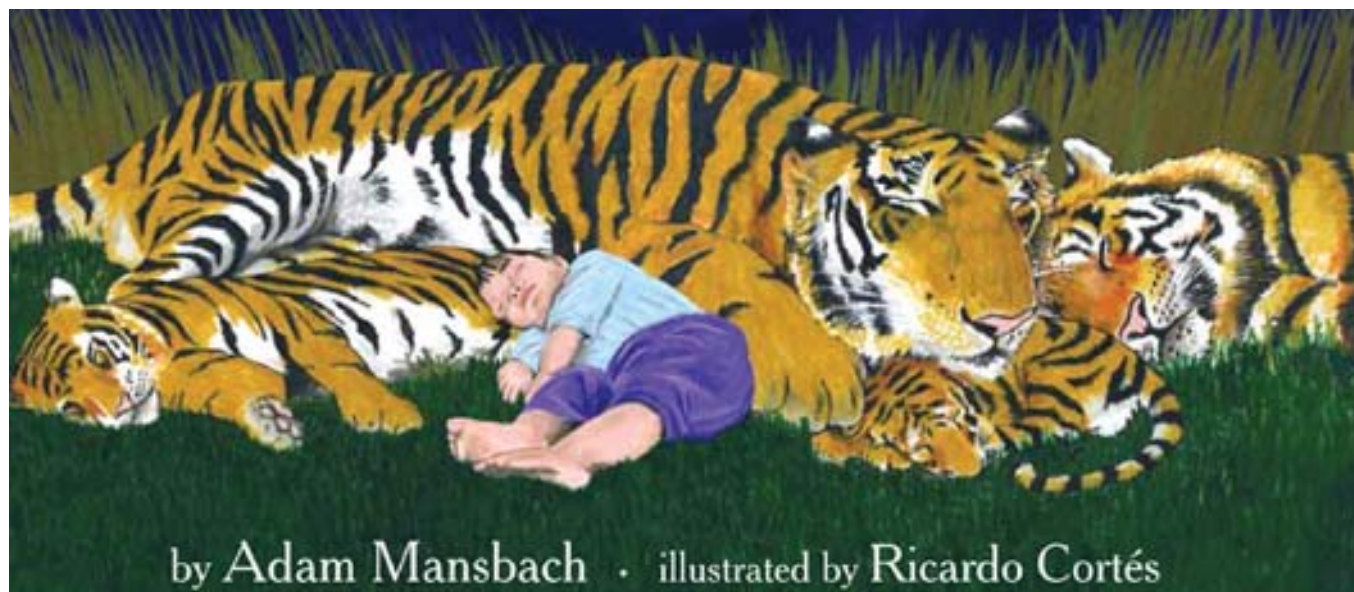


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An honestly funny book

► After it went viral online, the children's book *Go the F— to Sleep* became a bestseller — before it was even released ► Metro sat down with the author to talk about the sensation



DOROTHY ROBINSON

METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his head and decided to set it to a poem. He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book *Go the F— to Sleep*, is now the publishing success of the year. Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published.

With 400,000 copies of the book in print, Mansbach is just as surprised as you.

Can you give readers a little backstory on the huge wave of popularity for the book?

I gave a reading from the book on April 23, months before it was to be published in October, just to try it out. It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow. The reaction was so strong. People asked me about the book and I said they could pre-order it on Amazon. The next morning, I thought to check it and be-

fore that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125. I write novels — if they hover around the thousand mark when they're published, that's respectable.

So from that Amazon ranking, it just picked up.

Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord. Then PDFs we sent out to book-sellers leaked and they started ricocheting on the Internet. I've talked to people who told me they got the forward of the PDF 50 times. It was

just all over in a crazy way. People thought it was part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders.

Do you think anyone will actually read it to their baby?

I certainly hope not. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift. People even tell me they are buying it for their kids to give to them when they're older, when they have their own kids so they know what they went through.

Are you doing a second book?
It's certainly tempting. But

I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. Some people are like, 'Why don't you do *Eat Your Fu—ing Vegetables?*' And I'm like, 'That's kind of funny but I don't know if that's a whole book.' I want to reinvent something. But we are doing a G-rated version of the book. Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.



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Lemony summer pasta

► This dish uses lemon juice & fresh herbs to take flavour to another level

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

Preparation:

1 In skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint

2 In a large pot of boiling salted water, cook pasta



► This recipe makes four main dishes or six side dishes.

according to package directions or until desired doneness. Drain.

3 Add pasta to cream sauce in pan; toss to coat. Sprinkle with

Parmesan and basil; toss to coat. Season with salt and pepper. Serve..

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Wheat berries: a fresh taste



► This recipe makes four servings.

Fresh peas in this salad are combined with wheat berries. These 'softened wheat kernels' are a tasty and economical change from rice or pasta that can be found in bulk food stores.

Preparation:

1 In a large saucepan, bring wheat berries and at least 2 l (8 cups) water to a boil; reduce heat and simmer, covered, for 1 1/2 hours or until tender. Add peas; simmer

for 2 minutes. Drain and rinse well in colander. Set aside in colander to continue to drain.

2 Meanwhile, cut bacon into bite-size pieces. Cook in a skillet over medium-low heat until lightly crisped; drain on paper towel-lined plate. Keep warm.

3 In a large bowl, whisk together lemon juice, honey and hot pepper flakes. Add drained

Ingredients:

- 250 ml (1 cup) wheat berries, rinsed
- 250 ml (1 cup) peas
- 250 g (8 oz) slab bacon, about 2.5 cm (1 inch) thick
- 45 ml (3 tbsp) lemon juice
- 15 ml (1 tbsp) honey
- 0.5 ml (1/8 tsp) hot

wheat berry mixture, onion and coriander; toss well. Season with salt and pepper. (Salad can be prepared up to 24 hours ahead; cover and refrigerate. Serve at room temperature.)

- pepper flakes
- 125 ml (1/2 cup) chopped red onion
- (1/2 cup) chopped fresh coriander
- Salt and pepper, to taste
- 1.5 l (6 cups) arugula
- 500 ml (2 cups or 1 pint) cherry tomatoes, halved
- mint leaves (optional)

4 Line 4 dinner plates with arugula. Top with wheat berry mixture and warm bacon pieces. Garnish with tomato halves and, if desired, fresh mint leaves.

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Reading up on eco-friendly

ISTOCK PHOTOS

► Canadian firm making greener, better books ► Taking a look at how to ensure a future for readers



BEN KNIGHT
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Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very much re-used, and are also recyclable when they are worn out."

Adhering closely to guidelines from the Forest Stewardship Council (FSC), Scholastic has set some ambitious environmental standards. FSC paper is used whenever possible,

Statistics

By the numbers

► **Purchases** According to the most recently available census data, Albertans spend an average of \$42.54 a year on books (excluding school texts). That's a total of \$140-million across the province. Ontario leads the country (\$610-million), while Prince Edward Island spends the least (\$4.2-million).

and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are



► E-books and other digital platforms can pose environmental problems by using non-renewable resources.

not easily recyclable when shiny new models come along."

The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is

used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part

of education and the preservation of human knowledge — far into the future.

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As for backyard composting, bio-resins will take longer to break-down.



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Setting a school precedent

▶ As first-generation students, Muhammad Cheema and Zayan Rafeek are hoping to establish family traditions

Their future areas of study differ, but Muhammad Cheema and Zayan Rafeek share a common connection beyond friendship: each is a trailblazer within their families in the pursuit of higher learning.

Both bound for Toronto's Ryerson University in the fall, the pair will be among a distinct group of newcomers welcomed into the frosh fold, among the first in their families to make the leap to college or university.

Rafeek is enrolled in the business management program at Ryerson. The Canadian-born son of Sri Lankan immigrants, the 19-year-old said his father had to start working at an early age after Rafeek's grandfather passed away.

"(My parents) kept telling me ... life would be easier if they had continued their education," he recalled in a recent interview following First Year in 40 Minutes, a pre-orientation workshop at the university's downtown campus.

"(My father) would keep telling me, 'Keep studying, keep studying, no matter what you do keep studying,'" he added. "I think that really motivated me to study hard. And getting in-

"Money comes and goes, you can get better jobs, worse jobs, good times, bad times, but the personality that develops through education, there's no replacement for it." MUHAMMAD CHEEMA, UNIVERSITY-BOUND STUDENT

to Ryerson, that was the biggest motivation."

"There is a sense of pride their son has gotten into university," said Rafeek, adding that his parents want him to be a role model for his 11-year-old brother.

The only male among five children, including a set of twin girls, Cheema shoulders similar expectations of setting an example for siblings.

Cheema follows a lofty post-secondary precedent set by his sister, who is going into her third year of life sciences at the University of Toronto.

With aspirations as a child to go into the Air Force, the 18-year-old decided to pursue studies in a re-



▶ Muhammad Cheema, right, a first-year aerospace engineering student, and Zayan Rafeek, centre, a first-year business management student, take part in a pre-orientation workshop for first-year students at Ryerson University in Toronto.

lated field, and is heading into the aerospace engineering program.

Cheema recalled when his family departed their home country of Pakistan, his father, who worked as an administrator, had singled him out, telling his son he was leaving his work and life there behind for his benefit.

"With that on my shoulders, I'm entering into post-secondary, and it is a lot of pressure, but I guess I have to take it on," said Cheema. "I have to accept it, I have to be grateful for the opportunities it's given for me, it's provided for me."

Five years since arriving

in Canada, he said it's been a "pretty smooth ride," learning English, hitting the books and mixing with others and forging friendships.

Despite his achieve-

ments to date, Cheema said education remains "basically every day's topic" on the home front, with the emphasis from his family on education leading to betterment.

"A person who has knowledge, a person who has not - the two can never compare," said Cheema. "Money comes and goes, you can get better jobs, worse jobs, good times, bad times, but the personality that develops through education, there's no replacement for it."

Part of Cheema and Rafeek's preview of campus life involved learning more about the university's Tri-Mentoring Program.

One aspect of the program involves matching first-year students with upper-year mentor students from the same faculty and program who share the same language and similar cultural and ethnic backgrounds.

THE CANADIAN PRESS

CCIS | Business Employment and Training Services

Electrician

UPGRADING & CERTIFICATION PROGRAM

GOAL/OBJECTIVE

Designed to upgrade Foreign Trained Electricians to be employed as Journeymen Electricians in Alberta

NEXT AVAILABLE COURSE

October 17th, 2011

PROGRAM LENGTH

28 Weeks, full-time

WHO CAN APPLY?

- Landed immigrants, less than 10 years in Canada
- Foreign Trained Electricians who have Journeyman status or equivalency
- Unemployed or unable to find employment in the electrical trade

PROGRAM INCLUDES

- Technical Communication
- English for Employment
- Work & Life Management Skills
- Standard First Aid / CPR
- Workplace Hazardous Materials Information System (WHMIS)
- Construction Safety Training System (CSTS)
- Canadian Electrical Code
- Programmable Logic Controller (PLC I & II)
- Fire Alarm System Installation
- Hands-On Training
- Work Experience at various companies

INFORMATION SESSIONS DATES

July 27th, August 10th and August 23rd, 2011, 9:30am - 1:00pm

5th Floor, 1111 - 11th Ave SW

Selection process will begin after each Information Session.

WE ARE ACCEPTING APPLICATIONS! APPLY NOW!

CONTACT

Brian Frank

Program Coordinator

D 403.290.51127 E ele@ccis-calgary.ab.ca

Unit 200, 1111 - 11 Ave SW Calgary, AB T2R0G5

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Funding for this program is provided by the Government of Canada and the Government of Alberta

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They've got nothing to wine about

Ken Fielding and his son Curtis' business — like their award-winning wine — is only getting better with age

TURNING POINT

TERESA KRUIZ
LIFE@METRONEWS.CA



The accountant was blunt when Ken Fielding told him he

was opening up a winery. "Are you mental? Why not just go out and buy a couple cases of wine?" But the one thing the accountant hadn't taken into consideration was the golden touch of business vision-ary Ken Fielding.

He got in on the ground floor when Subway Sandwiches started franchising and helped open 237 stores. His son



► Curtis and Ken Fielding toast their success.

Curtis was racing in the CASCAR circuit but during his off times would work on a farm. When his dad started talking about a winery Curtis was intrigued. That was six years ago and now Field-

ing Estate Winery is turning a profit, their wines are winning numerous awards and even the skeptical accountant is impressed.

As Ken prepares to hand the reins of the busi-

ness over to Curtis he is looking towards the future and creating new ventures.

His advice? "Buy a franchise. You have to stick with it. A lot of people quit too soon."

From Subway Sandwiches and stock cars to award-winning Canadian wine, Ken and Curtis Fielding have taken the checked flag and are on their way to the winner's circle.

Good grapes

Ontario wine facts:

- The Grape and Wine sector generates more than \$100 million in wages and salaries
- The wine industry generates \$533 million in retail sales (2010)
- More than 1 million people visit Ontario wineries every year
- 90 per cent of Ontario's grapes are grown in the Niagara Peninsula

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- **ABORIGINAL FUTURES CAREER & TRAINING CENTRE**
August 12, 2011 at 2:00 pm
Basement, 6011 1A Street SW, Calgary, Alberta
To register please call 403.253.5311
- **RUPERTSLAND INSTITUTE - METIS TRAINING TO EMPLOYMENT SERVICES**
August 19, 2011 at 2:00 pm
#5, 2611 - 37th Avenue NE, Calgary, Alberta
To register please call 403.250.8902

Funding for this program is made possible by the Government of Canada, The Government of Alberta, Community Futures Treaty Seven and the Rupertsland Institute - Métis Training To Employment Services.

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Caddie. Smacked



► Tiger Woods hits from a bunker of the World Golf Championships — Bridgestone Invitational yesterday in Akron, Ohio.

ANDY LYONS/GETTY IMAGES

Ex-caddie, Scott rejoices in win, Tiger falls out of contention

After missing three months with a leg injury, Tiger Woods finished a tournament for the first time since the Masters in April and closed with a 70 yesterday to tie for 37th. Adam Scott was nearly flawless to earn his first World Golf Championship title. He celebrated with a caddie who has won quite a few more. Steve Williams, fired last month by Tiger Woods after a 12-year partnership, felt like a bigger winner when Scott rolled in one last birdie for a 5-under 65 and a four-shot victory in the Bridgestone Invitational. Williams, who carried Woods' bag for 72 wins — including 13 majors and 16 world titles — called it “the best win of my life.” THE ASSOCIATED PRESS

4

sports

Quoted



“Now I know I can stick and I can play with these guys. I knew I could before, but it's just a question of me getting the opportunity.”

LANGLEY, B.C.'S BRETT LAWRIE, WHO HIT HIS FIRST MAJOR-LEAGUE HOME RUN IN THE TORONTO BLUE JAYS' 7-2 WIN IN BALTIMORE YESTERDAY. LAWRIE MADE HIS MLB DEBUT FRIDAY AGAINST THE ORIOLES AND DURING A MEMORABLE SERIES GOT HIS FIRST BIG-LEAGUE HIT AND HIS FIRST HOME RUN WITH A BATTING AVERAGE OF .455.

2005 to 2009, Canada took silver in 2010 in Saskatoon and was runner-up again this year in Buffalo, N.Y.

There are seven players eligible to play for Canada a second straight year. They would provide valuable experience in a tournament for 18- and 19-year-olds. Goaltender Mark Visentin, defenceman Erik Gudbranson and forwards Brett Connolly, Sean Couturier, Quinton Howden, Ryan Johansen and Jaden Schwartz are all possible returnees.

THE CANADIAN PRESS

Junior judgment underway

► Level of Team Canada's talent will depend largely on which players can stick with NHL clubs

A final chore of summer camp for the coaches of Canada's junior men's hockey team was posting the names of the 47 invitees on a white board in order of preference.

That doesn't mean head coach Don Hay and his crew are going to get who they want.

The names are on movable cards, so Hay, assistants George Burnett and Ryan Huska and Hockey Canada head scout Kevin Prendergast could shuffle according to their opinions. The depth chart was

to be assembled following yesterday's intra-squad game in Fort McMurray, Alta., to conclude the six-day camp.

But once the hockey season starts, those names will circulate around that white board, and NHL club commitments could cause some to disappear.

There was enough talent on display at the summer camp in Edmonton to indicate Canada can win gold at the 2012 world junior hockey championship starting Dec. 26 in Edmonton and Calgary.

The goaltenders were solid and the defencemen were deep in size and talent. The forwards have the skill and smarts to play a shifty brand of offence.

How much of that talent will be available to Hay in December? Hay may be forced to look lower on the white board when he chooses about 35 for his selection camp in Calgary.

“You look at the high draft picks, the second-year players, there's a good possibility they might not be here so you have to evaluate,” Hay said. “For us, we

“At this tournament, we're going to take the players who are playing really well going into it.”

HOCKEY CANADA HEAD SCOUT KEVIN PRENDERGAST

have to have a feel for where that depth chart is, what type of players we're looking for to fill in the holes and then watch how they play in September and October.”

After a run of five straight gold medals from

Bochy decries 'racist' comment

Giants manager Bruce Bochy has criticized a nationally syndicated radio host for what he says is a “racist” comment about San Francisco reliever Ramon Ramirez.

Radio host Tony Bruno referred to Ramirez as an “illegal alien.” He also

called Bochy a “coward” in a Twitter post following Friday night's benches-clearing brawl between the Phillies and Giants. The mayhem came after Ramirez plunked Shane Victorino in the back in the sixth inning of the Phillies' 9-2 victory.

Bruno later deleted his tweet and apologized on his Facebook page.

Ramirez is from the Dominican Republic. He said yesterday he is in the U.S. legally and wouldn't be able to work in the major leagues otherwise.

THE ASSOCIATED PRESS



► Bruce Bochy

CHRISTIAN PETERSEN/GETTY IMAGES

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	70	43	.619	—
New York	69	44	.611	1
Tampa Bay	59	54	.522	11
Toronto	58	56	.509	12½
Baltimore	44	67	.396	25

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	55	58	.487	5½
Minnesota	51	63	.447	10
Kansas City	49	65	.430	12

WEST DIVISION				
	W	L	Pct	GB
Texas	64	51	.557	—
Los Angeles	63	52	.548	1
Oakland	51	63	.447	12½
Seattle	49	64	.434	14

Yesterday's results
Toronto 7 Baltimore 2
Oakland 5 Tampa Bay 4 (10 ings)
Chicago White Sox 7 Minnesota 0
Kansas City 4 Detroit 3
L.A. Angels 2 Seattle 1
Texas 5 Cleveland 3
Boston 3 N.Y. Yankees 2 (10 ings)
Saturday's results
Boston 10 N.Y. Yankees 4
Baltimore 6 Toronto 2
Chicago White Sox 6 Minnesota 1
Detroit 4 Kansas City 3
Oakland 8 Tampa Bay 0
Cleveland 7 Texas 5
Seattle 5 L.A. Angels 1
Tonight's games
All Times Eastern
Chicago White Sox (Danks 4-9) at Baltimore (Guthrie 5-15), 7:05 p.m.
Boston (Wakefield 6-4) at Minnesota (S.Baker 8-6), 7:10 p.m.
Kansas City (Hochevar 8-8) at Tampa Bay (Hellickson 10-7), 7:10 p.m.
Seattle (Furbush 2-3) at Texas (M.Harrison 9-8), 8:05 p.m.
Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

GOLF

WGC BRIDGESTONE INVITATIONAL

At Akron, Ohio
Par 70
Final Round
Adam Scott, \$1,400,000 62-70-66-65—263
Rickie Fowler, \$665,000 68-64-69-66—267
Luke Donald, \$665,000 68-69-64-66—267
Jason Day, \$332,500 63-69-66-66—268
Ryo Ishikawa, \$332,500 67-68-64-69—268
Kyung-tae Kim, \$215,000 66-72-66-66—270
Zach Johnson, \$215,000 70-68-64-68—270
Rory McIlroy, \$215,000 68-71-68-65—271
Lee Westwood, \$152,500 67-67-68-65—271
David Tom, \$152,500 68-68-68-67—271
Aaron Baddeley, \$117,333 68-70-69-65—272
Fredrik Jacobson, \$117,333 68-66-67-71—272
Martin Laird, \$117,333 66-67-67-72—272

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8½
New York	56	57	.496	17½
Florida	55	59	.482	19
Washington	55	59	.482	19

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9½
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	½
Colorado	53	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	64	.443	12

Yesterday's results
Atlanta 6 N.Y. Mets 5
St. Louis 8 Florida 4
San Diego 7 Pittsburgh 3
Milwaukee 7 Houston 3
Cincinnati 8 Chicago Cubs 7
Washington 3 Colorado 2
San Francisco 3 Philadelphia 1
Arizona 4 L.A. Dodgers 3
Saturday's results
Chicago Cubs 11 Cincinnati 4
Philadelphia 2 San Francisco 1
Milwaukee 7 Houston 5
San Diego 13 Pittsburgh 2
N.Y. Mets 11 Atlanta 7
St. Louis 2 Florida 1
L.A. Dodgers 5 Arizona 3
Colorado 15 Washington 7
Tonight's games
All Times Eastern
Atlanta (D.Lowe 6-10) at Florida (Hand 1-3), 7:10 p.m.
Colorado (Hammel 6-11) at Cincinnati (H.Bailey 6-5), 7:10 p.m.
San Diego (Stauffer 7-8) at N.Y. Mets (Pelfrey 7-9), 7:10 p.m.
Washington (Wang 0-2) at Chicago Cubs (Garza 5-8), 8:05 p.m.
Houston (W.Rodriguez 7-8) at Arizona (D.Hudson 11-7), 9:40 p.m.
Philadelphia (Halladay 14-4) at L.A. Dodgers (Kuroda 7-13), 10:10 p.m.
Pittsburgh (Morton 8-6) at San Francisco (Vogelsong 9-1), 10:15 p.m.

PGA RENO-TAHOE OPEN

At Reno, Nev.
Par 72 — Final Round
Scott Piercy, \$540,000 72-70-61-70—273
Pat Perez, \$324,000 73-68-69-68—274
Steve Flesch, \$174,000 68-69-70-68—275
Blake Adams, \$174,000 67-72-67-69—275
Jim Renner, \$120,000 74-69-65-68—276
Matt McQuillan, \$97,125
Ben Martin, \$97,125 71-69-71-66—277
Steve Elkington, \$97,125 68-72-68-69—277
Nick O'Hern, \$97,125 73-65-68-71—277
Billy Horschel, \$69,000 71-70-70-67—278
Bryce Molder, \$69,000 72-71-68-67—278
Hunter Haas, \$69,000 70-67-72-69—278
Michael Letzig, \$69,000 70-69-70-69—278
Josh Teater, \$69,000 72-67-66-73—278
Also
Stephen Ames, \$7,131
71-72-69-73—285

BLUE JAYS 2, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEscor ss	5	0	1	0	Markis rf	3	0	1	0
Bautist rf	5	0	1	2	AdJons cf	4	0	0	0
Lind dh	5	0	0	0	Guerr dh	4	0	0	0
Encnc 1b	4	2	3	0	MrRynl 1b	3	2	2	2
Rasms cf	4	1	2	0	Reimld lf	3	0	0	0
Arencl c	4	1	1	2	Tatum c	3	0	0	0
JMcDnl 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	Cltzurs 2b	1	0	0	0
					BDavis 2b	2	0	1	0
Totals	40	7	13	7	Totals	30	2	5	2
Toronto	002	301	010	7	Baltimore	000	010	100	2

E—J.Bell (1), DP—Toronto 2, LOB—Toronto 6, Baltimore 2, 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3), HR—Lawrie (1), Mar.Reynolds 2 (26), SB—R.Davis (34), CS—Jo.McDonald (4).

Toronto	IP	H	R	ER	BB	SO
R.Romero W,10-9	8	4	2	2	0	5
Janssen	1	1	0	0	0	1
Baltimore						
Simon L,3-5	52-3	10	6	4	0	3
Bergesen	3	3	1	1	0	4
M.Gonzalez	1-3	0	0	0	0	0

HPB—by R.Romero (Markakis).
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.
T—2:25, A—13,824 (45,438).

SATURDAY

ORIOLES 6, BLUE JAYS 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
YEscor ss	3	0	0	0	Andino ss	3	2	0	1
ETHms lf	4	0	0	0	Markis rf	4	0	0	0
Bautist rf	3	0	0	1	AdJons cf	4	1	2	4
Lind lb	4	0	1	0	Guerr dh	3	0	0	0
Encnc dh	3	0	1	0	Wleters c	3	0	0	0
Rasms cf	3	1	1	1	MrRynl 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Reimld lf	3	1	1	0
J.Molin c	2	1	0	0	J.Bell 3b	2	1	0	0
Lawrie 3b	3	0	1	0	BDavis 2b	3	1	1	0
Totals	28	2	4	2	Totals	28	6	4	5
Toronto	010	001	000	2	Baltimore	000	004	02x	6

E—Rasmus (1), Y.Escobar (10), DP—Baltimore 2, LOB—Toronto 2, Baltimore 0, HR—Rasmus (1), Ad.Jones (20), SF—Bautista.

Toronto	IP	H	R	ER	BB	SO
Morrow L,8-6	72-3	4	6	3	1	6
Camp	1-3	0	0	0	0	0
Baltimore						
Tillman W,3-4	7	4	2	2	1	5
Jl.Johnson H,15	1	0	0	0	0	2
Gregg	1	0	0	0	0	0

HPB—by Morrow (Andino), by Tillman (Y.Escobar).
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Lance Barrett; Third, Brian Knight.
T—2:09, A—19,396 (45,438).

NATIONWIDE COX CLASSIC

At Omaha, Neb.
Par 71 — Final Round
J.J. Killen 66-64-63-69—262
Jonas Blixt 69-67-63-64—263
Ken Duke 66-63-68-66—263
Gary Christian 72-62-64-65—263
Dannay Lee 64-67-66-66—263
Also
Bryan DeCorso 72-64-64-69—269
Richard T. Lee 70-65-71-67—273
CHAMPIONS 3M CHAMPIONSHIP
At Blaine, Minn.
Par 72 — Final Round
Jay Haas, \$262,500 64-69-68—201
Kenny Perry, \$128,333 66-70-66—202
Tom Lehman, \$128,333 65-69-68—202
Peter Senner, \$128,333 65-67-70—202
Also
Jim Rutledge, \$11,834 72-70-67—209
Rod Spittle, \$11,834 65-72-72—209

CFL

WEEK SIX

EAST DIVISION										
	GP	W	L	T	PF	PA	Pt			
Winnipeg	6	5	1	0	152	113	10			
Montreal	6	4	2	0	195	152	8			
Hamilton	6	3	3	0	152	144	6			
Toronto	6	1	5	0	128	178	2			
WEST DIVISION										
Edmonton	6	5	1	0	169	127	10			
Calgary	6	4	2	0	149	137	8			
B.C.	6	1	5	0	150	172	2			
Saskatchewan	6	1	5	0	112	184	2			

Saturday's result
Calgary 32 Hamilton 20
Friday's results
B.C. 24 Saskatchewan 11
Winnipeg 28 Edmonton 16
Thursday's result
Montreal 36 Toronto 23

SATURDAY

TICATS 20 AT STAMPEDE'S 32

At Calgary
First Quarter
Cal — TD Taylor 25 pass from Burris (Paredes convert) 4:09
Ham — FG Medlock 52 7:34
Cal — FG Paredes 35 10:49
Ham — TD Stala 7 pass from Glenn (Medlock convert) 12:56
Second Quarter
Ham — TD Cobourne 6 run (Medlock convert) 9:01
Cal — FG Paredes 21 13:00
Ham — FG Medlock 42 15:00
Third Quarter
Cal — TD Reynolds 1 run (Paredes convert) 5:32
Cal — Single Dales 74 8:29
Cal — FG Paredes 35 12:28
Fourth Quarter
Cal — Single Paredes 54 2:17
Cal — TD Cornish 3 run (Paredes convert) 13:59
Hamilton 10 10 0 0 20
Calgary 10 3 11 8 32
Attendance — 29,307.
TEAM STATISTICS

	Ham	Cal
First downs	21	25
Yards rushing	71	88
Yards passing	211	341
Total offense	282	429
Team losses	0	2
Net offence	282	427
Passes made-ried	20-34	27-39
Return yards	74	147
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	0	0
Punts-average	8-42.8	5-54.4
Penalties-yards	7-81	6-92
Time of possession	26:32	33:28
Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.		
INDIVIDUAL STATISTICS		
Rushing: Ham — Cobourne 15-67, Glenn 1-2, Porter 1-2; Cal — Reynolds 10-41, Burris 2-22, Cornish 4-19, Tate 3-6.		
Receiving: Ham — Kelly 5-92, C.Williams 6-48, Stala 3-31, Brown 1-13, Thigpen 2-8, Cobourne 1-8, Mackay 1-7, Grant 1-4; Cal — Lewis 7-87, Forzani 2-68, Reynolds 4-47, Cornish 2-44, Taylor 4-37, Arthur, 3-25, Bryant 3-13, Talley 1-12, Parker 1-8.		
Passing: Ham — Glenn 20-34, 211 yards, 1 TD, 1 int; Cal — Burris 27-39-341-1-0.		

SOCCER

MLS

EASTERN CONFERENCE										
	GP	W	L	T	GF	GA	Pt			
Columbus	23	9	7	7	24	22	34			
Philadelphia	22	8	5	9	27	20	33			
Kansas City	23	7	7	9	32	30	30			
New York	24	6	6	12	37	33	30			
Houston	23	6	7	10	28	28	28			
D.C. United	21	6	6	9	29	33	27			
New England	23	4	10	9	22	33	21			
Toronto	25	3	11	11	24	46	20			
Chicago	22	2	7	13	23	30	19			

WESTERN CONFERENCE										
	GP	W	L	T	GF	GA	Pt			
Los Angeles	25	13	3	9	35	20	48			
Dallas	24	12	6	6	31	24	42			
Seattle	24	11	5	8	35	27	41			
Colorado	25	9	6	10	35	31	37			
Real Salt Lake	21	10	5	6	30	16	36			
Chivas USA	23	7	8	8	30	26	29			
Portland	22	7	10	5	28	35	26			
San Jose	23	5	8	10	25	30	25			
Vancouver	23	3	11	9	25	36	18			

Note: Three points for a win, one for a tie.
Last night's result
Vancouver 4 Chicago 2
Saturday's results
Toronto 3 D.C. United 3
Chivas USA 3 New England 2
Houston 1 Philadelphia 1
Los Angeles 3 Dallas 1
Portland 1 San Jose 1
Real Salt Lake 3 New York 0
Seattle 2 Kansas City 1

ENGLAND

PREMIER LEAGUE

COMMUNITY SHIELD
Yesterday's result
At Wembley Stadium
Manchester City 2 Manchester United 3
LEAGUE CHAMPIONSHIP
Yesterday's result
West Ham 0 Cardiff 1

FRANCE

LIGUE 1

Yesterday's results
Bordeaux 1 Saint-Etienne 2
Dijon 1 Rennes 5

GERMANY

BUNDESLIGA

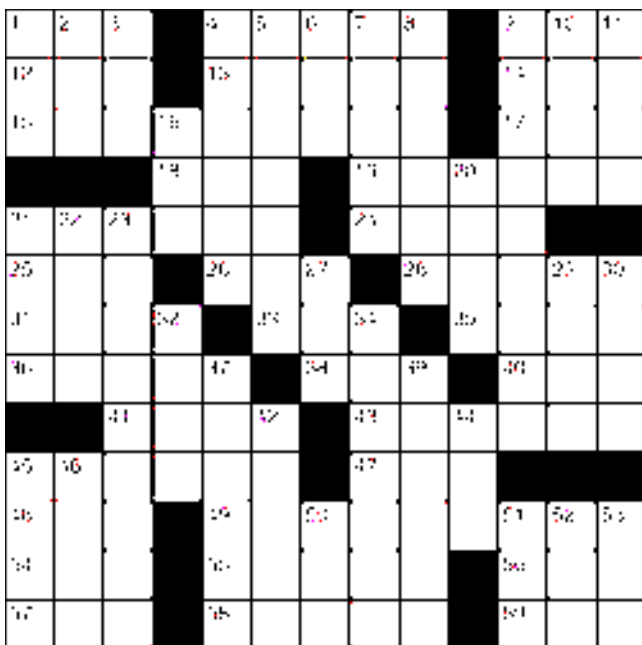
Yesterday's results
Bayern Munich 0 Borussia Moenchengladbach 1
Mainz 2 Bayer Leverkusen 0

SCOTLAND

Crossword

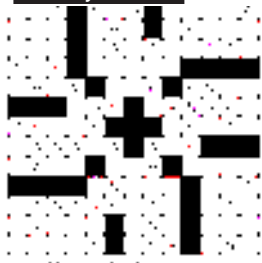
Across

- 1 Bar bill
- 4 Perspire
- 9 Use a crowbar
- 12 Knight's address
- 13 Actress Berry
- 14 Fish eggs
- 15 Alternative to a jail term
- 17 Eggs
- 18 Rhyming tribute
- 19 Vacuum brand
- 21 Salt companion
- 24 Opposed to
- 25 "— Town"
- 26 Congeal
- 28 Cord fiber
- 31 Cattle drive tool
- 33 Pooch
- 35 Location
- 36 Couches
- 38 Sphere
- 40 End for ball or bass
- 41 Western state
- 43 Basketball's Mr. Mourning
- 45 PBS "Street"
- 47 Extinct bird
- 48 Spoon-bender Geller
- 49 Raise accompaniment, often
- 54 Id counterpart
- 55 Bounded along
- 56 That girl
- 57 Boxing promoter King
- 58 Contest submission
- 59 Cut the grass
- Down**
- 1 Recipe meas.
- 2 Atmosphere



- 3 Kinsman, for short
- 4 Sunglasses
- 5 Irrigated
- 6 Inventor Whitney
- 7 Hawaiian greeting
- 8 Mortises' mates
- 9 Conditional stipulation
- 10 Wander
- 11 365 days
- 16 Jazz style
- 20 Elevator name
- 21 Bursts
- 22 Modern-day money
- 23 Lavish supply
- 27 Also
- 29 The gamut
- 30 Letterman rival
- 32 Information
- 34 "Frasier" star Kelsey
- 37 Taste
- 39 Sanguinary
- 42 Egret's cousin
- 44 Cheerios ingredient
- 45 Took to court
- 46 Therefore
- 50 Choose
- 51 Doctrine
- 52 Discoverer's call
- 53 Fresh

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	7	5	8	1	4	9	6	3
6	9	8	7	3	5	4	1	2
3	4	1	6	9	2	7	8	5
5	8	3	9	4	7	1	2	6
7	1	9	5	2	6	3	4	8
4	6	2	3	8	1	5	7	9
8	5	7	1	6	3	2	9	4
1	2	6	4	5	9	8	3	7
9	3	4	2	7	8	6	5	1

A look at the weather

TODAY
Min 10°
Max 23°

TOMORROW
Min 11°
Max 23°

WEDNESDAY
Min 10°
Max 23°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.

♉ Taurus April 21-May 21 You must not allow others to restrict the way you do things.

♊ Gemini May 22-June 21 Love and laughter are what you need most.

♋ Cancer June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them

around.

♌ Leo July 23-Aug. 23 No one expects you to be perfect, so don't expect it of yourself.

♍ Virgo Aug. 24-Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.

♎ Libra Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.

♏ Scorpio Oct. 24-Nov. 22 Focus on what makes you smile.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Make sure your own actions are above reproach.

♑ Capricorn Dec. 22-Jan. 20 Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.

♒ Aquarius Jan. 21-Feb. 18 Do only what feels right to you.

♓ Pisces Feb. 19-March 20 If you let your heart rule your head today there is a danger you could lose out financially.

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Caption contest



"I just ate a funny bone."
MARNIE



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MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM